

May 2011



AKHANDA SADHANA

Continuous Spiritual Practices



Editors Welcome

Om Gurudevaya Namaha

Salutations and prostrations to the Divine Embodiment of Love, our Beloved Swami Murugesu Maharishi, and to the Light of our lives, Swami Shankarananda Maharajji.

" Prayer is the essence of right living" Swami Shankarananda Maharajji

With the chill in the air, Mother Nature lets us know that Winter is here. But should the weather stop us from prayer? NEVER!!! While cold days lay ahead of us, we should be grateful and offer thanks to the Supreme that we have simple pleasures like a roof over our head, clothing and food. Many around the world do not. Please try to donate where ever and whenever you can. Even a can of soup or a loaf goes a long way for a hungry person.

On a much lighter note, the youth had ADay With Gurudeva at the La Lucia park on the 24th April. It was a fun-filled day packed with activities. From volleyball, to soccer, to cricket and of cause some mental challenging games like 30 seconds and Scrabble, the youth proved themselves worthy opponents to the parents, some even catching a drop just to score a goal! But my favourite game of the day was Sharades! Who knew there were so many good impressions! Our little mascot, Yogirajah put on an unforgettable dance performance! The youth want to thank the parents, especially Uncle Don and Auntie Mahesh for the delicious food provided. We really appreciate it! Thanks Gurudev for the amazing day and we hope to have many more in the future!

This month's edition is filled with quite a bit of interesting reads. We learn about *The Importance of parents*, Focus on *Sapta Rishis* and learn about *The Life of Kahlil Gibran*. There's feedback from the youth about Good Friday's prayer. Hope you are enjoying the Divine Delights that Deborah has given us to use! Are you remembering to water your plants?

Please give us any feedback that you may have. What would you like to see more of? What doesn't appeal to you? We would like to make *Akhanda Sadhana* the best that it can be and we require help from you as a reader! Please email mellisa.morgan@gmail.com or tarryn.coetzee@liblink.co.za with any comments or ideas.

In reverence of the Master always
Praneshri

Today I came here from joyous union, I live here in Divine union. I will leave here in sacred union with my maker. Pass on to everyone you meet this day.

Swami Shankarananda Maharajji



Contents

| | |
|---|----|
| The Importance of Parents | 3 |
| ABC of Hinduism | 4 |
| Focus on Sapta Rishis | 5 |
| Youth Feedback: Good Friday | 7 |
| The Life of Kahlil Gibran | 8 |
| On the Road to Enlightenment | 10 |
| At your Service: Agni Hotra | 11 |
| Kids Corner | 13 |
| How I met my Gurudev | 14 |
| Book Review: Developing Self Confidence | 15 |
| Ask Gurudev | 16 |
| Going Green for God: Recycling | 18 |
| The Demise of Great Saint | 19 |
| Bhagavad Gita | 21 |
| Divine Delights: Delicious Aubergines | 23 |
| Gayathri Peedam Calender 2011 | 24 |

Birthday Wishes

We would like to wish Ashveer (4th), Avin (24th) and Sejal(30th) a very happy birthday for the month of May. May Mother Gayathri shower you with Her choicest blessings!

Spiritual Darlings

Age: 3-15

Age: 14-25



Hemrisha



Avishna

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Editor: Mellisa Moodley

Mellisa.morgan@gmail.com

Layout by Lalitha Coetzee

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Without believing in God, the whole world will look impossible. With God, the whole world looks possible. Make your world possible. I love you dearly.

Swami Shankarananda Maharajji



The Importance of Parents

Bhavta Bhagwandeem

As Gurudev has taught us many times before. . .

A family unit is formed as a result of karmic consequence and of this vital union, the most important relationship experienced is between the child and the parent.

As an infant you are completely helpless and left to the mercy of your surroundings. You have come into existence and thereafter sustained and developed through the combined effort of both parents. As you grow and change, so too does your relationship with your parents. Your parents are the first examples of how you view the world. However as childhood slips onto adulthood and as a result of poor communication and bad company this vital relationship can be severed.

It is very important to realize that your parents were once your age too and have experienced many things that you are currently experiencing so many lessons and important advice can be learned if you lowered your ego and at times attitude long enough to just listen.

Many times Gurudev has stressed and highlighted this parent-child relationship and how vital it is to always treat your parents with love and respect. For example: A family unit of 4 not only contains 4 people but 4 different attitudes, 4 different belief systems and 4 different paths all contained in 4 very different personalities.

So with a 100% certainty, I am sure that arguments and disagreements will occur. However you 4 are all bound by the fibre that is God and love. There is a specific reason why your parents have been chosen for you and even though you may not agree with many things they do or say always remember that they have your best interest at heart.

Your parents are the foundation on which you build your life and become

the person that you are meant to be. From them, you learn how to treat men and woman, children and the elderly. Most importantly from them you learn how to build a relationship with God.

Your relationship with God then determines the path your life takes, the people you meet, the decisions you make and the people you choose to have in your life. Now if you trace back to the source of how your life plans out, you will discover that it all started with the relationship you have with your parents.

Always remember that time is too short, life is temporary and regret causes pain. Think twice the next time you want to say something rude or hurtful. Always apologise, even if you think you are right and never forget to say...I love you

ABC of Hinduism

Extract from *The Science of Self Realisation* RE Davis

Enlightenment To provide an insight and/ or spiritual wisdom.

Grace Freely given benefits, good fortune, provision or support.

Guna A constituent attribute of consciousness that pervades creation and regulates its cosmic forces. The influences of the three attributes are described as 1) *sattvic*, elevating and illuminating; 2) *rajasic*, transformative; 3) *tamasic*, inertial.

Focus on *Sapta Rishis*

Nirvana

The *Sapta-Rishis*, or Seven Seers, are mysterious beings related to the origin of both man and knowledge. It is said that Lord Brahma, out of His thought, created seven sages (*Sapta-Rishis*) who are the fathers of all other created beings. Often represented as 'human' sages, they are, nevertheless, conceived as eternal powers, symbolizing the primordial energies responsible for all manifest creation. They are 'seers' by virtue of being able to see the divine law which governs all creation, and indeed sustains it.

Siddha Sri Agastiya Maha Muni is acknowledged in occult circles as the head of the *Sapta Rishis*, entrusted with the guiding of the destiny of India and other nations as disclosed in certain ola-leaf manuscripts called *rishi-vakiyams*, and also in theosophical writings.

The most important seers are believed to be seven in number, and said to reside in the sky as the seven stars of the Great Bear Constellation.

The names of the *Sapta Rishis* vary according to different traditional interpretations. The *Shatapatha Brahmana*, refers to them as the 'authors' of the Vedic hymns and refers to the Sons of Brahma as *Gautama*, *Bharadvaja*, *Vishvamitra*, *Jamadagni*, *Vashishtha*, *Kashyapa*, and *Atri*. They sit surrounding a small pile of smoldering ash, much in the tradition of Shaivite saints.

Atri

In hinduism Atri is a legendary bard and scholar; one of the ten sons of Brahma and first of the *Sapta-Rishis* created by just the will of the Almighty. He is among the *Sapta-Rishis* symbolized by the great bear and the seven stars around it.

Jamadagni

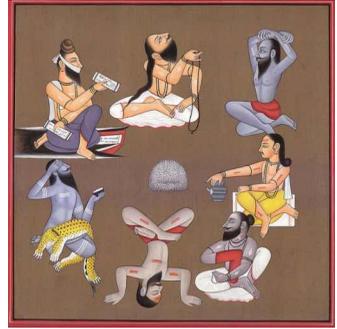
He was a descendant of the sage Bhrigu, one of the *prajapatis* created by Brahma, the God of Creation. Jamadagni has five children and with his wife is Renuka, the youngest of whom was Parashurama, an avatar of Lord Vishnu.

Kashyapa

He was the father of the *devas, asuras, nagas* and all humanity. He married Aditi with whom he fathered Agni, the Adityas and most importantly Lord Vishnu took his avatar as Vamana, the son of Aditi.

Kashyapa is the son of Marichi, one of the ten sons of the creator Brahma. The Indian valley of Kashmir in the Himalayas is named after him.

Legend states that the vale of Kashmir was a vast high altitude lake which was drained by Kashyapa Rishi, out of which the beautiful valley of Kashmir emerged, hence the name Kashyapmira which corrupted overtime to become Kashmir.



Gautama Maharishi

He was one of the Maharishis of vedic times, known to have been the discoverer of mantras. His wife is Ahalya, herself the 'mind born' daughter of Brahma. Gautama has two sons Vamadeva and Nodha. Gautama was the author of Gautama Dharma Sutra.

Vasishtha

Vasishtha is the Rajpurohit / Rajguru of the Suryavansha or Solar Dynasty. He was the manasputra (mind son) of Brahma.

His wife is Arundhati. He had in his procession the divine cow Kamadhenu and Nandini her child, who could grant anything to their owners.

Vishvamitra

Vishvamitra was the author of the great mantra - the *Gayathri Mantra*.

He was a kshatriya by birth called Kausika. By many years of great penance he transcended spiritually to become the great Brahmarishi Vishvamitra.

Bharadvaja

Bharadvaja Maharishi a sage of the vedic period, is renowned for his thirst for knowledge. He attained extraordinary scholarship and the power of meditation. He was father of Dronacharya.

Reference: En.wikipedia.org/wiki/saptarishis

Say: I am firmly resolved to completely fulfil the ultimate purpose of my life. I am fully dedicated to my wisely chosen practices spiritual or material. Om

Swami Shankarananda Maharajji

Good Friday

Youth Feedback

Hitesh and Hemrisha Ramyad

The Good Friday prayer performed on the 23rd of April 2011 and was a very exciting prayer. It all started at 5am when Gurudev unveiled Mother Gayathri and sang songs for Her and the energy levels were so high that some of the devotees got emotional and started to cry. Gurudev started with the Gayathri Pooja and then sent all the yoga students to Babaji's shrine to offer flowers and recite 108 Kriya Babaji Namavalli. Gurudev thereafter did the Maha Kali Pooja. When we concluded that part of the Pooja with arthi and after we prayed in the main shrine, we all gathered for breakfast.

Gurudev started the first hawan at about 8am. The youth and devotees were involved in reciting the Gayathri mantra from the morning till 6pm. Around 10am, Gurudev gave a few devotees a "haircut". Many were blessed to have their heads shaved by Gurudev. Many partook of the lunch that was provided after 12pm. When the rain threatened to halt our prayer during the afternoon, Gurudev did special prayer where he lit 3 camphors around the hawan kund while the devotees were doing their hawan. The rain turned into showers of blessing. This shocked me, but then again Guru has so much power in Him.

While some devotees continued with the hawan, Gurudev started abishegum for Ma Kali and the trishul. This too was energizing. On conclusion of the prayer, Gurudev did purna (ending of the prayer) by offering rice balls to the hawan. Aarthi was done by Mahavishnu, who used different lamps. After an amazing service, supper was served.

As with any prayer, we thanked Gurudev by washing His feet and putting a garland for Him. When devotees were going home, they all had big smiles on their faces because they had thoroughly enjoyed the prayer.

Thank You Gurudeva!

7



Avoid thoughts, feelings and behaviours that affect your daily progress. Let your innate urge be influential in your wholeness and awareness. Today radiate. Om

Swami Shankarananda Maharajji

The Life of Khalil Gibran

Virosheni



Khalil Gibran was a Lebanese American artist, poet, and writer who was born in Lebanon.

As a young man he immigrated with his family to Boston, United States where he studied art and began his literary career. Gibran caught the eye of his teachers with his sketches and drawings, a hobby he had started during his childhood in Lebanon.

Gibran's curiosity led him to the cultural side of Boston, which exposed him to the rich world of the theatre, Opera and artistic Galleries. Prodded by the cultural scenes around him and through his artistic drawings, Gibran caught the attention of his teachers at the public school, who saw an artistic future for the boy. They contacted Fred Holland Day, an artist and a supporter of artists who opened up Gibran's cultural world and set him on the road to artistic fame. Gibran's works were especially influential in the American popular culture in the 1960s. In 1904 Gibran had his first art exhibition in Boston. Gibran died in New York on April 10, 1931. Among his best-known works is THE PROPHET, a book of 26 poetic essays, which has been translated into over 20 languages and tells the tale of a Prophet. The prophet is stopped by a group of people, to whom he teaches the mysteries of life.

Here is an extract from another popular literary masterpiece *Mirrors of the Soul*:

I have called you in the quietness of night to point out to you the beauty of the moon and the dignity of the stars. You arise frightened and unsheathing your words, cry, "Where is the enemy-to be struck down?" At dawn, when the horsemen arrived, I called again, but you refused to rise. You remained asleep, at war with the enemy in your dreams.

At the deepest level of your being you are always whole, peaceful and spiritually aware. Let your innate divine qualities blossom. Om

A poem by Khalil Gibran:

Love One Another

Love one another, but make not a bond of love
Let it rather be a moving sea between the shores of your souls.

Fill each other's cup, but drink not from one cup.
Give one another of your bread, but eat not from the same loaf.

Sing and dance together and be joyous,
but let each one of you be alone,
Even as the strings of a flute are alone
though they quiver with the same music.

Give your hearts, but not into each other's keeping;
For only the hand of Life can contain your hearts.

And stand together yet not too near together;
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each other's shadow.

Don't Quit:

There may be times you do not feel very strong
When most things you do seem to go wrong
You may feel you've come to an end and it's too rough
But don't give up yet-I know you are tough
Remember after a storm a rainbow always follows
The sun shines bright and the sky fills with swallows
See this as a challenge-a personal test
When you pull through you'll be at your very best. . .

Don't quit
I believe in you

On the road to Enlightenment with Patanjali

Last month we spoke about the modifications of the mind and how to acknowledge them. This month we will attempt to answer the question, *What are the sources of RIGHT knowledge?*

In Chapter 1 verse 7 of the Yoga Sutras of Patanjali, it reads

Pratyaksanumanagamah pramsnani



The ways to acquire evidence is by (i) direct perception, (ii) inference by results of observation and (iii) learning and understanding scriptures (testimony). Direct perception is direct knowledge of the object through the limitation of the senses, whereas inference is knowledge with respect to the general notion of the object concerned, and testimony is the modification according to scriptural knowledge.

Intellect is more subtle than the mind. The quality of intelligence is inherent but dormant, so our first step must be to awaken it. The practice of asana brings intelligence to the surface of the cellular body through stretching and the physiological body by maintaining the pose. Once awakened, intelligence can reveal its dynamic aspect, its ability to discriminate. Discrimination is a weighing process, belonging to the world of duality. When what is wrong is discarded, what is left must be correct!

When discrimination is cultivated ad intelligence is full and bright, ego and mind retreat; citta becomes sharp and clear. But spiritual intelligence, which is true wisdom, dawns only when discrimination ends. Wisdom does not function in duality, it sees only oneness.

At your service

A discourse given by our Master at various Friday night services

This is a new section that has been added into the Akhanda Sadhana so that you are reminded of the sweet words spoken by Swami Shankarananda Maharajji after the service rendered on Friday evenings. Take a look at the website www.atyourservice.blogspot.com for regular Friday evening discourses.

Our first topic is *AGNIHOTRA*. April and May have been months of great healing, with the auspicious Sacred Mantra Chants and Crystal Healing Crusades performed by Swami all over the country as well as our annual Good Friday pooja. This discourse is a reminder of yet another healing technique you can use in the privacy of your own home. Enjoy!

“As you can see we have a guest. This guest is very special. His name is Dr John Maclander and he is all the way from South America. I found it very strange that his guru is Babaji and he is now at the ashram that Yogiari Ramiah came to choose as the home for the Babaji murthi. We have a very unique energy here and you will find it attracts people of like mind. Our energy levels are so high that even this hall cannot contain it!

This doctor came here and boosted the energy 3 times using *agni hottra*. He did at 6:22 this evening. You may be thinking why we did not invite you? Well, you can't make 7pm so 6:22 is virtually impossible for you! We only heard of this on Wednesday and could not get hold of Deepak to send an sms. He was in a meeting. I think the blessing is for all you, not only those who did the prayer.

Doctor here is not a doctor of philosophy, he is a medical doctor. He uses *agni hottra* as a form of alternative healing. It's sad that when you here of this in your country, you have doubt. But when you hear it from somebody overseas, the doubt goes away. Paramahansa Yogananda says that a saint will not be recognised in his own country.

Doctor has a group of people that do the *agni hottra* and they use it in some of the hospitals every day for the patients and they heal.

For many years we knew about *agni hottra* and its importance but we could not find people to do it... it was like a fallen seed that rotted. We failed but now Dr John is here to show you.

It is very, very important in this time period of kali yug to pray. With that prayer, we must have a desire, interest, dedication and devotion. If you don't then don't do it to please others... you must have dedication, devotion and love. It will work for you. The hindu concept is that even if you take a stone with dedication, you will get the benefit.

Normally when visitors come to the Gayathri Peedam we give them a gift. Krishnee Govender will come and present our gift so that when he is in South America he can think about us and pray.

For the love of our master and from the astral plane we offer you this gift in thanks. The picture is of Babaji and Yogiar. This picture he has is very rare; you won't get it again. It is from *Paringapatt,i* where Babaji was born and lived as a young boy.”

An ode of infinite Gratitude

Your face grants Darshan and transcendence,
Your stature protection and steadiness,
From Your mouth, divine guidance and wise words,
Your hands, everlasting healings, strength and comfort,
From Your feet, You give us direction and firmness of will power and
determination,
And from Your Enlightened Soul, we all are sheltered by Your Grace and
Salvation!

Thank you for blessing our mere lives with Your Divine Personage!
Advance, and never halt, for advancing is perfection. Advance and do not
fear the thorns in the path, for they draw only corrupt blood....”



KID'S CORNER

Jokes

Hey, there is no winner this month. Lucky for those who forgot! The first person to give Mellisa or Nirvana the answers, or attempted answers to last month's riddle will be announced in next month's edition of Akhanda Sadhana.

What did Tarzan say when he saw elephants coming over the hill?

Here come the elephants over the hill.

What did Tarzan say when he saw elephants coming over the hill wearing dark glasses?

Nothing, he didn't recognise them.

Why do elephants wear pink tennis shoes?

Because white ones get dirty too fast

Why do elephants float on the river on their backs?

So they don't get their tennis shoes wet, silly.

What do elephants have wrinkled ankles?

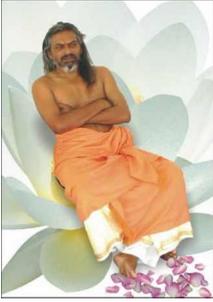
Because their tennis shoes are too tight

Glossary

Yogi One who practices yoga

Pranayama The scientific art of mastering the breath

Dharma Eternal principles of righteousness that uphold all creation; man's inherent duty to live in harmony with these principles.



How I met my Gurudev

On the 16th of March 2010, Archarya Mama brought my family and I to Gurudeva because my dad was very sick. At first I was very scared and nervous to meet Guru. He is the best person I have evr known because He makes me feel safe and loved always.

Avishna Sudu

The first time I met Guru was on the 20 October 1999. I was 5 months old. I was sick at that time and my parents took me to see Guru. Until I was 5 years, I was very scared of Guru. When Guru used to call me, I used to start crying but then I got used to Him and I am not afraid anymore. As I grew older, I learned to appreciate the teachings of Guru. I look for every opportunity to be present at the temple. I was lucky enough to have travelled to India on pilgrimage with Guru. Guru is one of my best friends.

Riashni Naidoo

Our Deepest Fear

Our deepest Fear is not that we are inadequate.

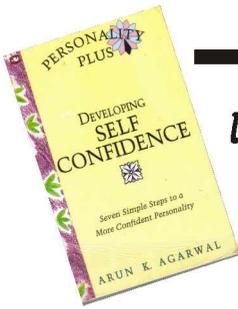
Our deepest Fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves: 'Who am I to be brilliant, gorgeous, talented, and fabulous?'

Actually. . .

Who are you not to be?



Book Review

Developing Self Confidence

Arun K. Agarwal

In this book you will learn to look at your self image. You will discover how the self is created and how you develop true faith to achieve your goals.

Best of all you can actually remake yourself into the person you have always wanted to be. Learn how to choose the best of yourself and how to make the most of it.

To possess a healthy and happy personality we need to constantly adjust to our changing environment and face life with self confidence and enthusiasm. To combat day to day pressures, stress and difficulties and to achieve success, one needs a confident and pleasing personality.

Extract from the book:

“If you are not satisfied with the self you have, change it.

- Choose the self you want to be.
- Choose the self that matches your ideal.
- Choose the self that is achievable.

Take a good look at yourself.

- Be as objective as possible.
- Be fair to yourself.
- Decide what you want to keep in your present self or personality.
- Decide what you want to eliminate.
- Decide what you will need to add.

Always keep in mind the ultimate self you want to become.”

Please remember the difference between self confidence and ego!



Just as you would be cautious when plucking the stem of a rose, be cautious in your day's activities. Say: I love God and God loves me. My day is at His feet.

Swami Shankarananda Maharajji

Asking Gurudev

The Chronicles of Puglananda

Guruji, I had a friend who seemed to be devoted to this spiritual path and following what ever the Guru spoke off and one day she just gave up of this path and concluded that God does not exist! Why is this ? why does such devotion, end up been such disappointment?



At the outset, we should first understand that this path is indeed one of the hardest paths to follow simply because of the material sacrifice the aspirant has to endure. The decision to follow this path should not be taken lightly and once it has been made, the aspirant should completely surrender to the chosen Guru and follow every instruction. Following a spiritual path is somewhat like going to the gym to lose a few pounds. We all can sign up and become members of a gym and get the perks that come with it, but for us to actually lose those pounds we have to do the exercises and follow the diet properly. Even in that gym routine, there is bound to be difficulty because it goes against our comfort zones. For example we have to cut down our junk food intake, our sugar intake, our carb intake which results in us eating food that does not look or taste great. The mind says this is not nice and therefore most of us give up the diet or gym routine. Because we are not as devoted to the cause of losing weight as we initially thought. The same applies to following a spiritual path. I have seen many aspirants surrender to their Guru's feet and take up initiation into their respective paths and for the first few days, months and even years their dedication to that chose path is superb. Their dedication to their Guru and his mission to propagate Gods work is

awesome but after a while, the mind jumps in and that's it. A seed of doubt has been planted and this aspirant lets it grow until eventually its too much to handle and the best option is to opt out of this path and back to the comfort zone that the mind was initially used to. They conclude that God does not exist or God does not love them or God is selective and they can go on.

Firstly, we should understand that the very essence of God is unconditional love and nothing else, so their first few conclusions of God is out the window. So their devotion ends up becoming a disappointment simply because they have let their mind interfere with their spiritual progress. As long as that is evident, the spiritual aspirant will not progress.

Many, many devotes have made the mistake of identifying with their Guru on a physical level thus confining their belief and devotion to this level only. As long as we see a Guru with this material eye our devotion will be affected and altered because we always dissect everything on a material level. The mind has to dissect every situation before a conclusion can be made. For example, if the Guru does not greet a devotee like he normally does, the mind of that devotee concludes that the Guru does not care or love them anymore so they should leave! Such a simple situation can cause a great devastation on their spiritual path. At that moment, the Guru could have been in contemplation or communication with some higher being and thus his physical awareness was not totally active. But because the aspirant only identified with the Gurus physical nature or attributes, their mind had concluded and created such animosity. There is a story about a donkey and a farmer. The farmer decided to trick the donkey so he placed two equal portions of food on either side of the donkey and watched. The donkey saw this and was excited so he ventured left to eat but stopped and thought about the food on the right so then the donkey ventured to the right and stopped and thought about the food on the left. Whichever direction the donkey ventured, it stopped and thought about the food on the opposite direction. The farmer watched in amusement as the day progressed into the night and still the donkey had not eaten a single morsel of food. The mind is like the donkey. It always stops to analyse every situation and in the process we never seem to progress. For us to become spiritually evolved, we should not let the mind make us go in the opposite direction. We should stick to our devotion, to this spiritual path and follow it through to enlightenment.

Going Green for God *Recycle*



Do you need another orange bag? Remember last month we asked you to take note of how much plastic you are using? Well....? How much are you using? Are you surprised?

Let's think of ways to *reduce* our use of plastic....

1. Instead of covering a bowl of food with cling wrap, put it into a container with a lid
2. Ask mom or dad to cut off the bottom of the 2 litre milk or soda bottles and bring it to the Ashram. We will show you how to plant seeds in them with cotton wool
3. Take your own packets when you go shopping instead of buying more
4. When shopping for bread and milk, you don't need to buy a plastic bag if you have only a few items



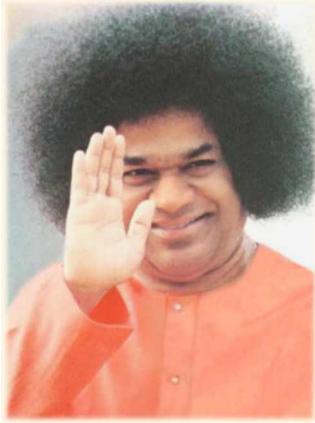
Tree of the Month

CAPE SUMACH

This tree is part of the sandalwood family (Does the word *sandanam* ring any bells?) and grows mainly on coastal dunes. This is a very dense, multi-stemmed, small tree of 3-4m in height with its branches on the ground. The stems are smooth, brownish-grey bark with small, hard, dull green leaves. The fruit is small and brilliant red with a circular mark at the apex. When mature, the colour changes to purplish-black. The tiny flowers are yellow-green, borne in compact heads. Flowering takes place over a very long period generally from March to September. The flowers and mature fruit are found together. Due to high tannin content, the leaves and bark have been used for the tanning of hides.

The Demise of a Great Saint

Deborah Sutheland



Bhagavan Sri Sathya Sai Baba

1926 - 2011

Sri Sathya Sai Baba was born through advent to Easwaramma an Peda Venkama Raju. From a young baby Sathyam evoked peace and joy within the hearts of all those around Him. He was full of compassion, love and sympathy for any living being subjected to hardship and grief.

There is a story where a few playful boys collected a dozen frogs for their entertainment. Sathyam requested that they free them. The boys did not agree. Sathyam transformed the frogs into pigeons and when the boys opened the baskets the birds flew away. The spiritual meaning behind this story is that Bhagavan has been transforming ordinary lives, which are trapped and living like frogs in a deep mire of ignorance into strong human beings who are bold, happy, and capable of soaring free in the spiritual realms like birds in the skies. The life story of Sathyams early childhood is filled with stories that would later show us of His Divine mission in teaching us of Right action, Non-violence, Peace, Love and Truth

On the 8th of March 1940 at the age of 14, Sathyam was stung by a big black scorpion. This often meant death. He sank into unconsciousness. After a few days He got up but He seemed to have gone through a transformation both mentally and spiritually. This reflected the turning point in Swami's life.

Several Nadi treatises written thousands of years ago by various sages make references to Bhagavan Sathya Sai Baba;

Agasthya Nadi- Sathya Sai Baba will heal diseases of people. By His mere will, he will bestow health. Many educational institutions will be established by Him. He will publish numerous books on spiritual subjects. He will develop spirituality in humanity. To establish Dharma and to resuscitate Dharma, will constitute the principal features of His mission. In His earlier incarnation He would be Shirdi Sai Baba. He will be the embodiment of kindness and compassion. He is the Father of the universe. He will be an all-merciful Avathar of God, preceptor, protector and Father of the world....”

This has all unfolded in Bhagavans life journey.

This is what He asks of us:

***“Manasa Bhajare Guru Charanam,
Dusthara Bhava Sagara Tharanam.”***

First learn that you are in Bhava Sagara (ocean of worldly life);

Next resolve on Tharanam (crossing it);

Then fix a Guru or any name and form of God, which appeals to you.

Then dwell on His Glory; do bhajan, but do it with all your mind and concentration;

Sing in praise of the Master's Lotus Feet with all your heart;

It enables you to cross the difficult-to-cross ocean of birth-death cycle.

Bhagavan completed His mission on earth and it is up to us to continue practising the values that He ingrained in our hearts.

Taken from Tapovanam- Sacred Life story of Bhagavan Sri Sathya Sai Baba- Holy book for daily recitation.



Bhagavad Gita

Divine Song of God

Are you enjoying the study of the Bhagavad Gita? Here is some advice regarding the sweet beauty of this holy scripture, the Bhagavad Gita will answer any question at any given time, correctly! You may be wondering how such an ancient text can be relevant to modern times...? Well, the answer is quite simple in fact. All you need to do is hold the Bhagavad Gita close to your heart and meditate for a few moments on the questions bothering you. Then, open the Gita on any page. The very first verse you see is your answer. Read that same verse 3 or 4 times because will speak to you through that verse.

Here are interesting verses:

The embodied Self or the Soul is not killed when the physical body is killed(Chapter 2, verse 20)

The rays of God's light are expressed, not created. When intially involved with primordial nature, mind and matter, the soul's awareness is diminished causing temporary, partial unconsciousness and tenacious identification with objective phenomena. This results in primary clouding of awareness and the delusion of independent existence which give rise to the notion of "I-ness" or egoism. The deluded become attached to self generated delusions (erroneous beliefs), experiences perceptual errors (illusions), identifies with sensations and thought processes and becomes forgetful of its true nature. The soul's awareness become fragmented. Because the soul is never born and will never die, nor will conscious awareness of existence cease once the souls awareness is completely restored to wholeness. This joy assures rapid, authentic spiritual growth which can be demonstrated as unrestricted creativity.

Just as a man replaces worn out clothes and acquires new garments or clothes, in the same way the embodied Self separates from the worn out body and enters into another body which is new
(Verse 22)

Just as God pervading the universe is not influenced by anything in the field of nature, so the embodied soul, when fully enlightened (or Liberated) need not be influenced by its relationship to mind or body. Take a look at what Patanjali says in *On the Road to Enlightenment* about the modifications of the mind.

An eternal law taught in the Vedas is: That which has a beginning must have an end; the one who is born must die.

Verse 27 then explains: *It is an absolute certainty that the one who is born must die, and birth for the dead is also an absolute certainty. Therefore, one should not grieve over what is unavoidable or inevitable. The body is said to have an end*

The body is subject to constant change. There is not even a fraction of a second when the body is not undergoing change. We can notice, after a few days that our finger nails have grown, and that our hair has grown.

The skin is entirely replaced in a month. The lining of the stomach renews itself in a week. Scientists have concluded that all the atoms in the body are replaced within a period of about five years.

The Rishis were seers with highly purified minds who could fine-tune their minds to establish contacts with the cosmic or divine all pervading Consciousness and receive intuitive knowledge. The Rishis had realised since the ancient times that not only the human body was subject to constant change but everything in nature was subject to change. This included animals, birds, insects, plants and trees, rivers, mountains, the earth, the sun and the moon, the planets and the stars; in fact everything that is external to us.

Divine Delights

Baked Masala Aubergines Cooking with Asha Maharaj

MASALA PREPARATION:

- | | |
|--------------------------------|--------------------------|
| 1 tsp fennel seeds (soumph) | |
| 2 tsp cumin seeds (jeera) | 2 Tbs tomato puree |
| 2 tsp poppy seeds (kus-kus) | 2 Tbs melted ghee |
| 1 tsp whole black pepper corns | 2 tsp salt |
| ½ tsp nutmeg | 1 tsp ginger paste |
| 3 tsp chillie powder | 2 tsp garlic paste |
| ½ tsp tumeric powder | ½ cup of roasted peanuts |

Dry roast the soumph, jeera, kus-kus and peppercorns. Cool and grind into a powder. Add the rest and make a thick paste.

VEGETABLE PREPARATION:

- 2 Large aubergines
- 2 Medium tomatoes, halved and sliced
- 1 Medium onion - halved and thickly sliced
- ¼ cup melted butter

Pre-heat the oven to 180degC. Rinse aubergines, wipe dry and halve lengthways, leaving stem intact. Place on a baking tray. Slice thickly without separating the slices. Place slices of tomato and onion in-between. Mix masala and spoon over the vegetables.

Bake for one hour or until the top is crisp and the aubergines are well cooked.

Serve as a side dish.



Gayathri Peedam Calender 2011

May

- 20-22 Yoga retreat
- 23 Gurudev leaves for India

June

- 8 Gurudev's arrival from India
- 11 Special Navagraha Pooja at 4:30pm
- 12 Healing Pooja Duruga Temple
- 15 Pournami
- 18 & 19 Astrology Workshop
- 25 Mahanavagraha 2pm

July

- 12 Yogi Ramiah Mahasamadhi Pooja
- 15 Gurudev's birthday and Guru Pournami Pooja
- 16 Dinner at Kloof Community Hall
- 17 Gurudev leaves for India
- 29 Back home from India

August

- 6 Gayathri Maha Yajna
- 9 Special Gayathri Pooja, Stanger at 4:30pm
- 12 Varalaksmi
- 13 Pournami
- 14 Geeta week starts. PARK DAY
- 22 Krishna Janmasthami
- 27 Mahanavagraha at 3am
- 28 1 day trip to JHB

September

- 1 Ganesha Chaturti
- 3 Gurudev leaves for India
- 11 Gurudev's arrival from India
- 12 Pournami
- 24 Swami Murugesu Mahasamadhi Pooja
- 28 Navaratri Begins

October

- 1 Chariot Procession
- 6 Vijaya Dashmi
- 9 PARK DAY
- 12 Pournami
- 16 Mahanavagraha at 8am
- 26 Swami Murugesu Janastami, Deepavali; Mahaluxmi Pooja
- 30 1 day trip to JHB

November

- 6 Skanda Sashti
- 10 Pournami
- 12 Gurudev leaves for India
- 20 PARK DAY
- 27 Gurudev's arrival from India

December

- 3 Mahanavagraha 3am
- 10 Pournami
- 11 Gurudev leaves for India
- 24 Christmas Eve Service
- 30 Gurudev's arrival from India
- 31 New Year Service

*Please note that all dates are subject to change. For updates, please visit our website: www.gayathripeedam.com

Today, look at the sun and say: Lord, thank you for this day. Help me through the day and give me strength to deal with all issues. Say Om Nama Sivaya Om

Swami Shankarananda Maharajji



GAYATHRI PEEDAM YOUTH

MOVE MAINTAIN MERGE